

## Optional Points for Group Discussion

### Chapter 1:

Topic 1: Blastocyst, embryo and newborn adoption: differences and similarities. How the number of people in the birth room can impact the mother's labor.

Topic 2: We look at cultural aspects of pregnancy in this chapter. Can you identify even more daily – even commonplace – reminders of your/our fertility?

Topic 3: A popular expression among birth professionals is *“When a baby is born, so is a mother.”* One mental practice I convey in my lectures and professional workshops is “going to the well”, deepening our capacity to offer compassionate validation. Starting with this common expression, digging a bit deeper we might find *“When a baby is conceived, a mother is born”* and yet still deeper, *“When a baby is conceived, a family is born”*. Do you see how these deepen? One mother we companion may very much align with the first expression, but if another mother best aligns with the second or third, or still any other expression, we will need to deepen our well to meet her where she is. Share your thoughts on this concept.

### Chapter 2:

Topic 1: Give examples of various birth order scenarios.

Topic 2: Discuss how bonding with the baby in pregnancy and separating the events of birth and death can help with a safer delivery. At stillbirthday, we refer to these as seasons: the pregnancy, the birth, the welcoming, the farewell and the healing journey.

Topic 3: Discuss fun and simple activities for mom, dad and older siblings to bond with baby while in utero. How can you help a mother have a pregnancy dedication or blessingway?

### Chapter 3:

Topic 1: Discuss examples of the “Cascade of Interventions” and how a SBD doula would support in any of them.

Mom enters hospital in labor, and is given IV fluids and external monitoring. How might these negatively contribute to labor, and how can the SBD doula support while they are a part of labor?

Topic 2: (Full term stillbirth) Mom is told that her contractions are not productive and that artificially breaking her water (AROMM) is recommended. What will the SBD doula do?

Topic 3: (Full term live birth) Mom is 4cm dilated. She is feeling very discouraged and uncomfortable and is mentioning receiving an epidural pain relief. What will the SBD doula do? Discuss Bishop's Score and what Informed Consent means (including examples).

## Chapter 4:

Topic 1: Discuss the tools for labor and what a doula can bring to births.

Topic 2: A mother is in transition, and exclaims that she can't do it anymore – she wants any pain relief she can have. What can the SBD doula do?

Topic 3: You will be calling your hospital for this week's exam, chapter 5 and possibly for chapter 6. Are the things you are learning helping you to piece together the research you will need for your community investigative project?

## Chapter 5:

Topic 1: Discuss your reactions to learning that the NICU experience – in and of itself – is an overwhelming, frightening, lonely experience for the parents.

Topic 2: Discuss alternatives to the pain medication the mother may be offered. How could you present this option to the mother?

Topic 3: Discuss positive, healing, encouraging ways you can support a family when negligence (from the provider or the mother) are involved.

Topic 4: The attending midwife, nurse or doctor will be able to provide CPR for mom or baby when it is necessary, but it is important for you to know how to administer basic CPR as well. After taking the free online course, do you feel more confident in your ability to provide this if needed? Personal tip: using a song from the 1950's can help you with the counting during chest compressions because the beat of the song matches the speed with which the compressions are needed.

## Chapter 6:

Topic 1: Practice constructing medical words using the chart in this chapter.

## Chapter 7:

Topic 1: We listed 10 postpartum experiences of the NICU family. Discuss how these experiences compare to the family after loss.

Topic 2: We looked at a large list of "other" reasons a parent may grieve. Do you feel each of these are valid? Can learning the baby's gender be a source of grief, even in a live birth outcome? Why or why not?

Topic 3: Do you know of any cultural, religious, urban legends or folk myths associated with identifying gender in- utero?

Topic 4: If you are in the U.S., you can register your name [here](#) for the Parental Bereavement Leave. If you are not in the US, does your country provide something similar?

## Chapter 8:

Topic 1: Practice some examples of conflict.

Topic 2: Could being “on call” be a source of potential conflict? Why or why not?

Topic 3: Share ideas you have for “unwinding” after the hard work of supporting a family so comprehensively. Who else may need “unwinding” after your deep commitment to a family during birth?

Topic 4: Please see this week’s subjects in the classroom, and consider participating in a conversation, including running through various scenarios with your classmates.